



METRO HEALTH at Home: Kitchen

• The percent of Bexar County adults that were diagnosed with diabetes increased by **24.6%**, from 11.4% in 2012 to 14.2% in 2014.

• **Heart Disease** has been the leading cause of death among adults in Bexar County since 1949.

• Nearly 9 in 10 children eat more sodium than is recommended, and about 1 in 9 children have high blood pressure, which is a **major risk factor for heart disease and stroke**.

• **Avoid cross-contamination** by storing raw meat, poultry, and seafood in sealed containers to prevent dripping or leaking onto other foods. Use separate cutting boards for raw meat, poultry, and seafood.

• For the healthiest canned vegetables, look for labels that say **"no salt added"** or **"low sodium."**

• Canned fruits **may contain added sugars**, look for labels that say **"no sugar added,"** **"water-packed,"** or **"in own juice."**

• Americans get most of their daily sodium, **more than 75%** from processed and restaurant foods.

• Fresh and dried herbs **enhance the flavor of your food without extra salt**, make your fresh herbs last longer by keeping their stems in a glass of water in the fridge.

• **Properly store** leftovers by placing them in the refrigerator within 2 hours of cooking. Divide leftovers into shallow containers to allow faster cooling.

• **Wash hands** with warm running water and soap for at least 20 seconds. Dry your hands with a clean towel.

• **Fruits and vegetables are naturally low in sodium and heart-healthy**; keep fresh fruit in a bowl on the counter where you can see them.

• Keep cold foods at **41°F or below to reduce food borne illness**. Use an appliance thermometer to monitor refrigerator temperature.

• The bacteria **Salmonella** was the most frequent cause of reported food borne illness to the CDC in 2015. Because foods of animal origin may be contaminated with Salmonella, people should not eat raw or undercooked eggs, poultry, or meat.

• **Defrost frozen meat properly** by placing it in the refrigerator, under running water, or in the microwave. Never leave meat at room temperature to thaw.